

## Year 6 Jigsaw Puzzle 6 – Changing Me

### What it looked like last year...

- Self- and body image
- Influence of the media on body image
- Puberty for girls
- Puberty for boys
- Conception (including IVF)
- Growing responsibility
- Coping with change
- Preparing for transition



### What it looks like next year...

- My changing body and feelings.
- What is self-image?
- Coping during times of change.
- My changing ways of thinking.
- Managing my changes in mood.
- Moving forwards into my next year of education.

### Vocabulary (definitions)

Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
Self-image	Opportunities	Pregnancy	Attraction	Self-esteem	Transition
Self-esteem	Freedoms	Embryo	Relationship	Negative body-talk	Secondary
Real self	Responsibilities	Foetus	Pressure	Choice	Looking forward
Celebrity	Puberty vocabulary as represented on the flash cards	Placenta	Love	Feelings/emotions	Journey
		Umbilical cord	Sexting	Challenge	Worries
		Labour		Mental health	Anxiety
		Contractions			Hopes
		Cervix			Excitement
		Midwife			

### Sequence of Learning

1. My Self Image (S) (F)
2. Puberty (F) (E)
3. Babies: Conception to Birth (F)
4. Boyfriends and Girlfriends (S) (E) (F)
5. Real self and ideal self (S) (F)
6. The Year Ahead (F)



### Cultural Capital

- To be able to explain how babies develop before birth.
- The real life knowledge that links is: how to manage feelings around my self-image (Real self compared to ideal self.)
- The jobs it can be used in are: all jobs – how a positive self-image can help you do well in your job.

### Key Concept Links

- **Self-Belief and Self-worth (S)**
- **Empathy (E)**
- **Recognising, Understanding, and Managing Feelings. (F)**